

# Silver Harbour Program Schedule – Fall 2023

|                 | <b>Monday</b>                  | <b>Tuesday</b>          | <b>Wednesday</b>           | <b>Thursday</b>          | <b>Friday</b>              |
|-----------------|--------------------------------|-------------------------|----------------------------|--------------------------|----------------------------|
| <b>8:15 am</b>  | Jointmoves                     |                         |                            | Jointmoves               |                            |
| <b>9:00 am</b>  | Computer Club                  | Snooker                 | Snooker                    | Snooker                  | Computer Club              |
|                 | Snooker                        | Woodworking             | Woodworking                | Woodworking              | Snooker                    |
|                 | Beginner Ukulele               |                         |                            |                          | Woodworking                |
| <b>9:30 am</b>  | Craft & Knit Volunteers        | Tapestry                | Keep Well                  | Intermediate ESL         | Craft & Knit Volunteers    |
|                 |                                | Weaving                 |                            |                          | Keep Well                  |
| <b>9:45 am</b>  |                                |                         |                            |                          | Minds in Motion            |
| <b>10:00 am</b> | Advanced Ukulele               | Meet Your Local Authors | Meditation                 | Stained Glass            |                            |
|                 | Osteofit For Life              |                         | Table Tennis               | Osteofit For Life        | Choir                      |
|                 |                                |                         | Woodcarving                | Intermediate Watercolour | History of China (October) |
| <b>10:30 am</b> |                                |                         |                            | Tea & Talk               |                            |
| <b>11:00 am</b> | Music Therapy                  |                         | Beginners Knitting         |                          |                            |
|                 |                                |                         | Tile Rummy                 |                          |                            |
| <b>11:45 am</b> | Osteofit 1                     |                         |                            | Osteofit 1               |                            |
| <b>12:30 pm</b> | Silk Painting                  |                         |                            |                          | Duplicate Bridge           |
| <b>1:00 pm</b>  | Hula for Health                | Cribbage                | Chair Yoga – Fully Seated  | Pottery: Open Studio     | Table Tennis               |
|                 | Crime & Justice Lecture Series | Quilting Volunteers     | Circle of Friends          | Bingo                    | Current Conversations      |
|                 |                                |                         | Dressmaking                | What's News              | Open Studio                |
|                 |                                | Daytime Dance           | Advanced Pottery           | Creative Journey         |                            |
| <b>1:30 pm</b>  | Flexibly Fit                   |                         | Line Dance – Level 1       | Get Up & Go              | Line Dance – Level 2       |
| <b>2:15 pm</b>  |                                |                         | Chair Yoga – Stand Options |                          |                            |
| <b>2:30 pm</b>  |                                |                         |                            |                          | Line Dance – Level 3       |

If you have any questions about programs or would just like to connect please give us a call at 604-980-2474 or email us at [info@silverharbourcentre.com](mailto:info@silverharbourcentre.com).